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SINGLETON DEAD AT 51

The "Boyz N the Hood" director recently suffered a stroke. 2

SWITCH NYC

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PHOTO ILLUSTRATION ISTOCK & INSTAGRAM /@ IAMTHEPIZZAPUSHA

HIGH ON PIZZA

Brooklyn chef Chris Barrett is delivering cannabis to customers through his weed-infused pizzas. 18-19

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4 THINGS TO KNOW

‘Boyz N the Hood’ director John Singleton dead at age 51

The family withdrew life support for the director early Monday.

John Singleton, who made his movie directorial debut with the acclaimed “Boyz N the Hood,” about young men struggling in a gang-ridden Los Angeles neighborhood, died on Monday at the age of 51, his family said.

Singleton recently suffered a stroke, a family spokeswoman said.

“We are sad to relay that John Singleton has died,” a statement from the family said. “John passed away peacefully, surrounded by his family and friends.”

Earlier on Monday, the family said it had made the “agonizing decision” to withdraw life support from Singleton.

Singleton was a native of South Central Los Angeles, the community that was the setting for “Boyz N the Hood,” a drama about friendship amid the peril of gang violence.

He became the first African-American and the youngest person to be nominated for an Academy Award for Best Director, at age 24, for the movie.

Singleton later directed movies such as action film “2 Fast 2 Furious” and historical drama “Rosewood.” He was the creator and executive producer of current cable TV series “Snowfall,” about the start of the cocaine epidemic in Los Angeles.

His family said Singleton was “a prolific, groundbreaking director who changed the game and opened doors in Hollywood, a world that was just a few miles away, yet worlds away, from the neighborhood in which he grew up.” REUTERS

“We are sad to relay that John Singleton has died,” a statement from the family said. “John passed away peacefully, surrounded by his family and friends.”

Spokeswoman for Singleton family

ALL GETTY IMAGES

Deputy Attorney General Rosenstein is resigning

2 U.S. Deputy Attorney General Rod Rosenstein, who appointed Special Counsel Robert Mueller in May 2017 to investigate links between the Russian government and President Donald Trump’s campaign, said on Monday he was resigning from his post. Rosenstein’s departure, effective May 11, was not a surprise. He had been expected to step down in March, and Trump has already nominated Deputy Transportation Secretary Jeffrey Rosen to replace him. Rosenstein ended up staying on the job longer to help AG William Barr manage the public release of Mueller’s findings from his 22-months-long investigation, which was completed on March 22. In a letter to Trump, Rosenstein echoed two of Trump’s signature phrases, writing that he helped staff the department with officials “devoted to the values that make America great” and adding that “we always put America first.” REUTERS

Avenatti pleads not guilty in bank fraud case

3 Lawyer Michael Avenatti, known for his battles with U.S. President Donald Trump, pleaded not guilty on Monday to federal charges that he allegedly stole millions of dollars from clients and failed to pay taxes. Avenatti, 48, who drew international attention for representing adult-film star Stormy Daniels in her litigation against Trump, entered his plea in federal court in Santa Ana, California, Fox News reported. He faces separate federal charges in California and New York. California prosecutors accused him of misusing more than $12 million he received on behalf of clients following settlements and other negotiations. Avenatti, who is free on $300,000 bond, in a statement Monday cited Trump and said he was entitled to be presumed innocent. “We don’t convict someone in America based on a one-sided argument and a press conference,” Avenatti said. REUTERS

FBI wiretap: ’Zona’s Miller ‘fronted’ deal for Ayton

4 Arizona basketball coach Sean Miller “fronted” the deal to get Deandre Ayton to the school, agent runner Christian Dawkins said on an FBI wiretap investigating corruption in college basketball. The call was intercepted on June 2, 2017, with Dawkins discussing the situation with business partner Munish Sood. The wiretap was played Monday in the trial in New York, with Sood saying that he and Dawkins were already paying then-Arizona assistant Emanuel “Book” Richardson to influence Wildcats players and recruits to sign with their sports management company. A big target was Ayton, who ended up signing with Arizona and playing one season before becoming the No. 1 overall pick in the NBA draft. “He’s already made it clear you’re gonna get, or we’re gonna get, the No. 1 pick next year, assuming he’s No. 1,” Sood said. REUTERS

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State officials hit back at Trump's 'under siege' NRA tweet

Gov. Andrew Cuomo urged the president for gun-control action.

Gov. Andrew Cuomo assailed President Donald Trump on Monday for backing the National Rifle Association in its dispute with the state, accusing the U.S. leader of being afraid of the powerful gun lobby.

Two days after a gunman sprayed a California synagogue with bullets, killing a worshipper, Cuomo urged Trump to do more to stop gun deaths.

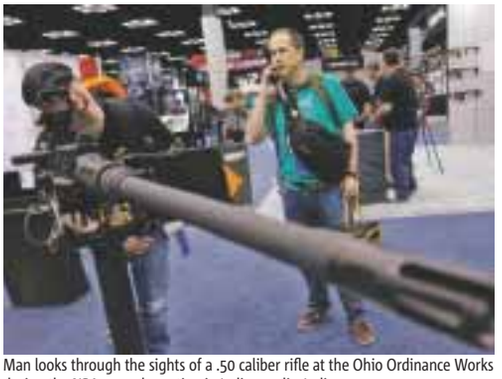
In a statement directed at the president, Cuomo said 74,600 Americans had died from gun violence since Trump was elected in November 2016.

"You have done nothing but tweet about it," Cuomo said. "Unlike you, President Trump, New York is not afraid to stand up to the NRA."

State Attorney General Letitia James on Saturday confirmed her office had issued subpoenas as part of an investigation related to the NRA. The New York Times reported the probe involved the group's tax-exempt status.

"In any case we pursue, we will follow the facts wherever they may lead. We wish the president would share our respect for the law," James said on Monday.

The NRA annual meeting was roiled over the weekend after internal disputes spilled into the open with retired U.S. Marine Lt. Col. Oliver North saying he would step down as NRA president. North said he was being forced out because of his allegations that NRA leaders engaged in financial improprieties.



Man looks through the sights of a .50 caliber rifle at the Ohio Ordinance Works during the NRA annual meeting in Indianapolis, Indiana. REUTERS

The Republican Trump shifted the spotlight on Monday to Cuomo and James, Democratic officials in his home state, after divisions within NRA leadership surfaced, as evidenced by North's ouster.

"The NRA is under siege by Cuomo and the New York State A.G., who are illegally using the State's legal apparatus to take down and destroy this very important organization, & others," Trump wrote on Twitter without providing evidence.

"It must get its act together quickly, stop the internal fighting," Trump said of the NRA.

New York officials have run up against the gun-advocacy organization as the state aims to tighten gun restrictions. The NRA last year sued Cuomo and the state's financial regulator for engaging in what it said was a "blacklisting campaign" aimed at swaying banks and insurers to stop doing business with it.

The state legislature passed gun restrictions this year including prohibiting armed teachers in schools and extending waiting periods to buy guns.

NRA Chief Executive Wayne LaPierre had accused North of trying to oust him by threatening to release "damaging" information about him, according to a letter from LaPierre to NRA board members that was published by the Wall Street Journal on Friday.

North's allegations included that LaPierre had received about $275,000 in wardrobe items paid for by an NRA vendor, the newspaper reported.

The NRA board went into executive session during a meeting on Monday as it debated next steps, according to media reports.

The NRA, with more than 5 million members, is the most powerful and well-connected gun lobby in the United States.

NRA officials did not respond to a request for comment.

Trump has embraced the gun lobby, vowing not to tighten U.S. firearms laws and advocating proposals such as arming teachers as a way of preventing school shootings.

The NRA spent $30.3 million to support Trump's 2016 presidential campaign, according to the Center for Responsive Politics, a group that tracks campaign spending. REUTERS

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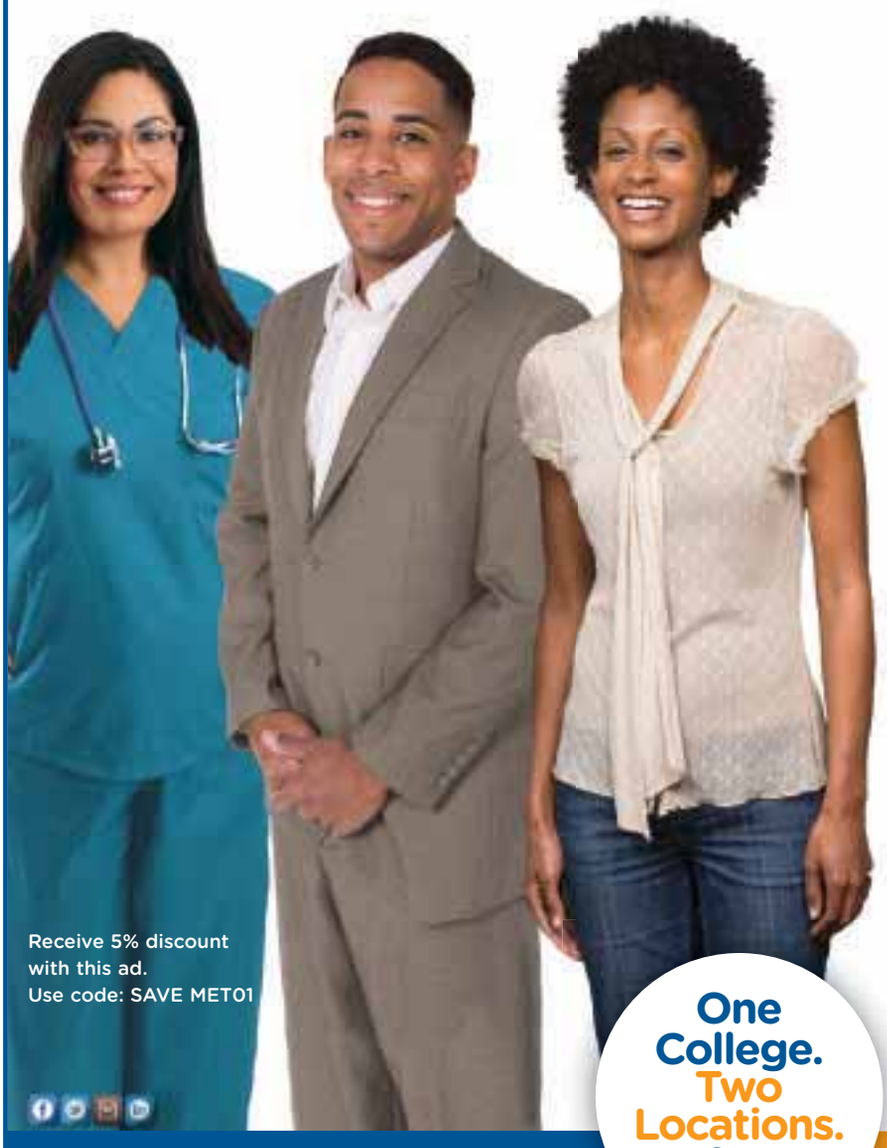

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CUNY

A Philly cop traveled to Brooklyn to steal a dog similar to this Maltese. GETTY IMAGES

Philly cop charged with stealing pooch from Brooklyn man

Officer Angel Lopez will be suspended for 30 days with intent to dismiss.

NATE HOMAN
letters@metro.us

A Philly cop is accused of traveling to New York City in full uniform, breaking into his girlfriend's brother's home, assaulting the man, and stealing his dog.

According to the New York Daily News, Angel Lopez, 30, sporting his full Philadelphia Police uniform with his badge, gun and handcuffs, stormed into a man's Bushwick home at 5:30 a.m. on Thursday, attacked the occupant and stole a Maltese dog on behalf of his girlfriend, the victim's sister.

"Where is the dog? I want the dog!" Lopez reportedly demanded of the victim, before allegedly attacking him.

According to a complaint in Brooklyn Criminal Court, Lopez reached for his belt and told the victim, "If you hit me, I am going to arrest you for assaulting an officer."

Then Lopez allegedly began punching the victim in his head while the victim reportedly grabbed the dog and attempted to leave the house. The complaint states that Lopez and his girlfriend tackled the victim and held him down in the bedroom. The woman reportedly wrestled the dog away from the victim as Lopez put him in a chokehold.

"He came in full uniform, full gear, right after work," the victim told the Daily News. "He slammed open my door. Right away, you could see he was in a hostile state . . . He was like, 'I'll arrest you for hitting a cop.' I was like, 'Bro, you're putting your hands on me, you came into my home, you're the one looking for an altercation.' I was sleeping, I was laying *[sic]* down."

Lopez was arrested at 8:45 p.m. on Friday. He was released on his own recognizance after a court appearance Saturday, and is due back in court June 28. No charges have been filed against the girlfriend at this time.

"It appears to be a domestic [dispute] gone wrong," an NYPD rep told the Philadelphia Inquirer.

The Brooklyn District Attorney for Kings County charged Lopez with multiple counts of robbery, along with grand larceny, assault, menacing, and other assorted counts on Saturday.

> **"It's so very unfortunate that someone will give up a good job for something that's so ridiculous."**
> **Philadelphia Police Commissioner Richard Ross**

Philadelphia Police Commissioner Richard Ross told Philly.com that Lopez will be suspended for 30 days with intent to dismiss.

"It's so very unfortunate that someone will give up a good job for something that's so ridiculous," Ross told the Inquirer.

Lopez's defense attorney Todd Spodek told the Inquirer that his firm's investigation revealed that the victim has a "history of domestic violence" and "fabricating stories" against his client.

"We have two eyewitnesses who diametrically contradict his account and can confirm that Mr. Lopez acted appropriately at all times," Spodek said. "I anticipate Mr. Lopez being permitted to return to the force shortly."

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NORWEGIAN CRUISE LINE

NY man charged with beating woman onboard cruise ship

The woman reportedly suffered injuries that required stitches.

NATE HOMAN
letters@metro.us

A New York man is facing federal charges for allegedly beating a woman onboard a Norwegian Cruise ship, according to the Massachusetts U.S. Attorney's Office.

Adam Damian Panetta, 45, of Farmingville was charged with one count of assault and one count of assault resulting in substantial bodily injury once the Norwegian Gem ship returned to port in Boston on Friday.

The alleged assault took place on April 25, 2019. At the time, the ship was about 200 miles off the coast of New Jersey, well beyond the boundaries of international waters.

According to the U.S. Attorney's report, "Panetta was observed on surveillance video pulling a woman by her hair down the full length of a hallway," to a cabin. "While Panetta attempted to open the cabin door, the woman was striking Panetta in the face with an open hand. Panetta then allegedly turned toward the woman and punched her twice in the side of her head with a closed fist. The woman fell to the ground and appeared to be unconscious," the report from U.S. Attorney Andrew Lelling details.

> **"Eventually, the woman began to crawl into the room. Panetta did not appear to assist her, and as she began to crawl, Panetta kicked her twice in the buttocks."**
> U.S. Attorney

The Long Island man reportedly entered the cabin, leaving the woman on the hallway floor.

"After about one minute, Panetta came out of the cabin and leaned down to the woman, who was unresponsive. Eventually, the woman began to crawl into the room. Panetta did not appear to assist her, and as she began to crawl, Panetta kicked her twice in the buttocks. He then followed her into the room."

Officials said the two left the cabin a short while later and "the woman was holding a white towel over her head, which appeared to be stained with blood."

The two eventually went to the ship's medical center where the woman was treated for her injuries, which included "approximately 8 centimeters of swelling on the right side of her head as well as a 2.5-centimeter laceration that required five stitches." It's not clear how Panetta knew the victim.

$350K

The charges against Panetta carry a sentence of up to six years in prison and $350,000 in fines.

The charges against Panetta carry a sentence of up to six years in prison and $350,000 in fines.

Why Aren't Doctors Telling Knee Arthritis Sufferers About These Two Often Successful Treatments?

Two Advanced Medical Treatments Every Knee Arthritis Sufferer Needs To Know - Before Or After Knee Replacement Surgery

NYC -If you suffer with knee arthritis pan, you have probably already tried *many* treatments... especially countless pain medications. With minimal or no results

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis *a lot of knee arthritis sufferers have never heard of.*

Before we get into the two treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the tai-state to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are *these* two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

#1 Viscosupplementation

Here's what you need to know about viscosupplementation - the good and the bad....

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee. In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementaiton treatments... doctors precisely inject directly into the knee joint.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the formula will not get into the knee joint and the treatment will not work.

That's why the experts at ***NYC Pain MD*** use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

What Should You Do If Viscosupplementation Fails?

#2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequncy Neurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequncy waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain

Science rescues knee arthritis sufferers? Research shows joint injections done without advanced imaging misses the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

What To Do Next If You Are In Pain

NYC Pain MD offers a limited number of complimentary knee arthritis t screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NYC Pain MD.*** If you would like to schedule a screening, just call 877-380-8537.

The screenings fill up fast every month. This screening is no cost and there absolutely no obligation.

More good news: **for qualified candidates, insurances and Medicare often cover these treatments.**

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Biden calls himself 'union man' at first 2020 presidential campaign event

The former VP addressed the Pittsburgh Teamsters.

Buttons in support of former Vice President Joe Biden. GETTY IMAGES

Former Vice President Joe Biden officially kicked off his White House campaign on Monday by hosting a union event in Pittsburgh just hours after securing his first labor endorsement.

Biden told Teamsters members who attended his first event as a 2020 contender that restoring a vibrant middle class would be the theme of his campaign.

"I make no apologies. I am a union man. Period," Biden told the packed union hall. "The country wasn't built by Wall Street bankers, CEOs and hedge fund managers, it was built by you."

Among those who introduced Biden was Harold Schaitberger, the president of the International Association of Firefighters, a 300,000-member union that endorsed him ahead of the Pittsburgh event.

In a Twitter fusillade, Trump said that while leaders of the firefighters and other unions would endorse Democrats in the 2020 race, "the members love Trump."

Biden soon fired back on Twitter. "I'm sick of this president badmouthing unions," he said.

Biden, who joined the 2020 Democratic race last week, has long styled himself as a champion of blue-collar workers. He is counting on organized labor to comprise a significant part of his support.

In endorsing Biden, IAFF's Schaitberger called him "one of the staunchest advocates for working families."

In Pittsburgh, Biden, 76, laid out his vision for bolstering the nation's middle class. He will next head to the early voting state of Iowa.

The Democratic field now features 20 contenders, many of whom are making bids for backing by labor. Six other Democratic candidates on Saturday addressed union members at an event in Las Vegas, pledging support for policies such as a $15 federal minimum wage.

"This may be the most pro-union group of candidates we've seen in decades, making it tougher for any one candidate to line up significant union support," said Steve Rosenthal, a former political director for the AFL-CIO who is advising unions on their 2020 strategies.

Biden's record as a U.S. senator and his two terms serving as former President Barack Obama's No. 2 could complicate his efforts to draw union voters.

As a senator from Delaware, Biden supported the North American Free Trade Agreement (NAFTA), which has become a sore point with unions that blame it for jobs going overseas.

As vice president, he was part of an administration that promulgated labor-friendly regulatory policies, but also pushed through trade deals with Colombia, Panama and South Korea over the objections of several unions and many other Democrats.

A massive 12-nation trade deal backed by Obama and Biden, the Trans-Pacific Partnership, was opposed by labor and became an issue in the 2016 presidential race, when Donald Trump, then the Republican presidential nominee, used it to criticize Democratic policies. REUTERS

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Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

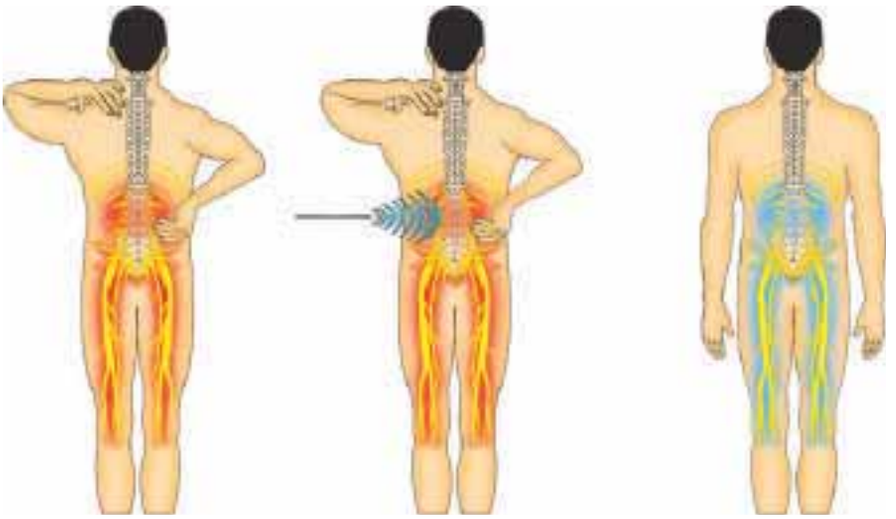
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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US combat veteran sought to bomb white nationalist rally: Prosecutors

GETTY IMAGES

Mark Steven Domingo had planned to bomb a white nationalist rally.

A U.S. veteran of the war in Afghanistan who prosecutors say plotted to detonate a nail bomb at a Los Angeles-area white nationalist rally, hoping to cause mass casualties, has been arrested following an FBI online sting operation, federal prosecutors said on Monday.

Mark Steven Domingo, 26, a U.S. Army infantryman who fought in Afghanistan and later converted to Islam, was taken into custody on Friday after being given what he thought was a live bomb to use in the attack, law enforcement officials said.

"This investigation successfully disrupted a very real threat posed by a trained combat soldier who repeatedly stated he wanted to cause the maximum number of casualties," U.S. Attorney Nick Hanna said in the statement.

Domingo was charged in a federal criminal complaint with providing and attempting to provide material support to terrorists and was scheduled to make an initial appearance in U.S. District Court in Los Angeles later on Monday. It was not immediately clear if he had retained an attorney.

According to the criminal complaint, in Internet conversations with an undercover FBI source, Domingo expressed support for a violent jihad and expressed willingness to become a "martyr," making reference at different points to the 2013 Boston Marathon bombing and 2017 shooting rampage at a Las Vegas country music concert.

Domingo contemplated drive-by shootings and detonating a bomb at the Santa Monica Pier before deciding to detonate an improvised explosive device at an April 28, 2019, rally in the Los Angeles suburb of Long Beach that he believed was organized by white nationalists.

An FBI spokeswoman confirmed that the rally took place as scheduled on Sunday.

In an FBI affidavit filed in the case, Domingo said he specifically purchased three-inch nails because they would be long enough to penetrate the human body and puncture internal organs. He allegedly arrived at one meeting with the man armed with an AK-47-style assault weapon.

Domingo and the confidential informant visited the planned site of the rally to scout the best location to place explosives to cause the greatest casualties, authorities said.

He could face a maximum sentence of 15 years in federal prison if convicted.

The announcement comes two days after a gunman opened fire in a San Diego-area synagogue, killing one person and wounding three others. John Earnest, 19, was taken into custody in the shooting.

There was no indication that the two incidents were connected.

REUTERS

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MPM-INS-030 Public Notice Redesignation Rev 10 20180612

US youth suicides rise 29 percent after Netflix debut of '13 Reasons Why'

Suicides by young Americans rose by almost a third in the month following the 2017 streaming debut of popular Netflix television series "13 Reasons Why," in which a teenage girl is shown slitting her wrists, a U.S. study showed on Monday.

The TV show was associated with a 28.9 percent increase in suicide rates among U.S. youth ages 10-17 in April 2017, the National Institutes of Health-supported (NIH) study said.

It also said rates of suicide for 10- to 17-year-olds were higher in the months following the debut, resulting in an additional estimated 195 suicide deaths from April to December 2017 versus expectations based on past data.

The researchers acknowledged the study had limitations and said they could not make a direct "causal link" between "13 Reasons Why" and the increase in suicide rates or rule out other factors.

REUTERS

The show tells the story of a teen who leaves behind a series of 13 tapes describing why she decided to take her own life. The final episode of the first season depicts her slitting her wrists in a bathtub.

The graphic scene caused a backlash among parents and health professionals, prompting Netflix in 2017 to put up additional viewer warning cards and direct viewers to support groups.

A second season of "13 Reasons Why" was released in May 2018 and a third season has been ordered by Netflix.

Netflix did not immediately respond to a request for comment on Monday's study but Chief Executive Reed Hastings defended the third season renewal at a shareholder meeting in June 2018.

"'13 Reasons Why' has been enormously popular and successful. It's engaging content. It is controversial. But nobody has to watch it," Hastings said.

The researchers, who worked at several universities, hospitals and the National Institute of Mental Health, said their findings "should serve as a reminder to be mindful of the possible unintended impacts of the portrayal of suicide, and as a call to the entertainment industry and the media to use best practices when engaging with this topic."

REUTERS

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Woodstock 50th anniversary festival canceled by lead investor

The health and safety of both artists and fans could not be guaranteed, investors Dentsu Aegis Network said.

A planned three-day concert event to mark the 50th anniversary of the Woodstock music festival was canceled on Monday by the lead investor, saying it was unable to ensure the health and safety of artists and fans.

Woodstock 50 was due to have taken place Aug. 16-18 in Watkins Glen in upstate New York with a lineup that included rapper Jay-Z, singer Miley Cyrus and rockers The Killers.

"Despite our tremendous investment of time, effort and commitment, we don't believe the production of the festival can be executed as an event worthy of the Woodstock Brand name while also ensuring the health and safety of the artists, partners and attendees," investors Dentsu Aegis Network, a unit of Japanese company Dentsu Inc., said in a statement.

"As a result and after careful consideration, Dentsu Aegis Network's Amplifi Live, a partner of Woodstock 50, has decided to cancel the festival," the statement added.

Dentsu had a clause in its contract with the organizers that gave it the option to cancel the festival, a spokesperson for the investors said.

The producers of Woodstock 50 had no immediate comment on Monday.

The August 1969 Woodstock festival, which was billed as "three days of peace and music," is regarded as one of the pivotal moments in music history.

Michael Lang, the co-producer of the 1969 Woodstock festival, announced in January that the official 50th anniversary Woodstock Music and Arts Fair would take place in August at the Watkins Glen motor racing venue with more than 80 musical acts taking part.

Lang said the lineup, which included 1969 festival veterans John Fogerty, Canned Heat and Santana, reflected the event's mission to encourage "active support of equality, inclusion and a shared sustainable future."

But the 50th anniversary festival appeared to be running into trouble two weeks ago, when the sale date for tickets was postponed without a fresh date being given. Ticket prices had also not been announced.

The festival also ran into delays in getting permits, arranging security, water supplies and sanitation to accommodate the tens of thousands of fans expected to attend, said a source close to the event.

The nonprofit Bethel Woods Center for the Arts, who are the current owners of the field where the 1969 Woodstock festival took place, are also organizing a smaller 50th anniversary with a "pan-generational event" on the same dates in August.

Although it was known as Woodstock, the festival actually took place in Bethel, some 70 miles south of the village of Woodstock in upstate New York. REUTERS

John Fogerty during the announcement event for the lineup for the Woodstock 50th anniversary concert in New York. REUTERS

"Despite our tremendous investment of time, effort and commitment, we don't believe the production of the festival can be executed as an event worthy of the Woodstock Brand name."

Dentsu Aegis Network, in a statement

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8	3	5	7		6			
1				2	9			
2	5		9	4			7	6
7	9			8	5		3	2
			2	5				9
			8		1	6	4	5
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MEDIUM

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1		4		6		7		3
8						1	2	
		3	6	7			1	
4	1	8			3		9	

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READER WRITE-INS:

GRUMBLING AT 65

Can we please stop with the dumb phrase "recreational use"? Every time I hear that term, I envision country club members in white shorts jumping about with badminton rackets and joints. Why can't they call it "Funtime Hemp," "Fabulous Cannabis" or "Incredible Edibles"? You mean zonked-out-on-the-couch-and-staring-at-the-ceiling recreational? Please!

Additionally, the phrase "experimenting with drugs" also fires me up. Back in the '60s and '70s, we didn't wear lab coats and peer through microscopes. My buddies and I got stoned, wrecked and fried. We weren't seeking self-discovery. We were trying to briefly escape the reality of the times and our tumultuous teenhood.

Lastly (let an old man speak!), we didn't go to concerts to drink beer or champagne and then yap loudly about mortgages, co-workers and kids throughout the show. We did what we did and dug the music. Period. By the way, young people, take it from this Senior Survivor: Drugs won't do you any good. Seriously. None.

— **Isaac,** *Metro US reader*

ISTOCK

metro.us/horoscopes

Aries Get along with your peers, and protect your reputation. A jealous or competitive individual will not play fair. Keep an open mind, but use your intelligence to outsmart opposition.

Taurus A chance to alter the way you deal with domestic, financial, legal or health issues should be looked at carefully. Someone will tempt you with false information.

Gemini Confusion will set in due to mixed messages someone sends you. When uncertain, ask direct questions, and be prepared to walk away if you aren't satisfied with the answer.

Cancer Make your point, but if your audience isn't receptive, don't waste your time. Draw on your skills and experience to get things done.

Leo Participate in events and activities that are geared toward learning, meeting like-minded people and supporting a cause you believe in. Personal improvement and romance are favored.

Virgo Live and learn. Attend functions that interest you and draw on expert advice before you jump into something you know little about. Don't take risks, overspend or indulge.

Libra Engage in something that interests you. If you expand your skills, knowledge and insight, you will find a way to turn a negative into a positive. Romance is encouraged.

Scorpio Focus on creativity, new beginnings and valuable partnerships. A project you've long thought about can be started. Don't feel that you must stick to traditional methods.

Sagittarius If you control your emotions, personal matters will be easier to deal with. Refuse to let anyone interfere with the way you run your household or conduct a relationship with a loved one.

Capricorn Keep the past where it belongs. If you give someone a second chance to disrupt your life, the blame will be yours and yours alone. Walk away from unpredictable people and situations.

Aquarius If you get involved in events that you feel passionate about, you'll meet people who will become lifelong allies. An encounter with someone from your past will pique your interest.

Pisces Don't let confusion set in due to someone else's words or actions. Stick to the facts and don't repeat information that may not be true. Emotional manipulation is apparent. EUGENIA LAST

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John McCauley of Deer Tick on their new album 'Mayonnaise' and getting back out on the road

The rowdy Americana-meets-punk band will be playing three shows in Brooklyn this week.

PAT KING
patrick.king@metro.us

John McCauley of the band Deer Tick is one of those special songwriters who can be as romantic and sentimental as he is ready to start a midday bar fight with his beer-soaked anthems. Hailing from Providence. Rhode Island, his long-running and critically acclaimed Americana-meets-punk band, Deer Tick, have always blurred those two lines to dazzling effect, gaining a following of adoring fans who tend to go nuts during their marathon live shows.

In 2017, the band did something that seemed almost unimaginable for them while recording their two albums "Vol. 1" and "Vol. 2": They gave themselves a strict set of rules to work with. Each record would consist of the left and right brain that makes them such a dynamic band. "Vol. 1" would consist of all softer acoustic songs, while "Vol. 2" would be 10 tight beer-soaked rockers just begging to be played at full volume.

"I think we had the idea for 'Vol. 1' and 'Vol. 2' pretty early on," McCauley explains of this experiment. "Before we knew what songs would be on it or anything or before we started recording, we made rules for recording. For the acoustic stuff that's on 'Vol. 1,' the only rule was no electric guitars, no matter what. Then with 'Vol. 2,' it was no acoustic guitars, no matter what."

ALL PHOTOS SCOTT ALARIO

For their brand-new companion album, "Mayonnaise," the band took some songs that they never used from these sessions as well as a few covers to give the listener a sense of the missing pieces. The result shows the perfect mixture of what makes the band so endearing, with a blend of scuffed-up rockers and tender ballads.

"I thought maybe you could get an idea of what those records could have been like," McCauley says with a laugh when explaining how they put together "Mayonnaise." "'Mayonnaise' was originally going to be an all-covers record, but we decided to do more of a compilation. We wanted it to sound more like a record like 'Incesticide' [the Nirvana B-sides collection] or something."

To support the release of "Mayonnaise," Deer Tick will be playing three shows in Brooklyn this week before heading out on a lengthy tour. Even though McCauley and the rest of the band have settled down to a degree with families at this point, the call to the road is still as loud as ever.

"I don't like to be away for too long a period of time," says McCauley. "We try to keep everything we do [to] like three weeks or less. I have a family. Ian has a family. Chris and Dennis are married. We have a lot of things going on at home that we like to be home for, but I'm really enjoying being on the road. At this stage in my life, I feel I can play guitar better. I can drink more beer than ever. I'm physically and mentally the strongest I've ever been. I just like what I do!"

Deer Tick will be playing a sold-out show tonight at Rough Trade in Williamsburg but will be playing two larger shows down the road at Music Hall of Williamsburg on Thursday, May 2, and Friday, May 3.

For 50-somethings, it's time to 'Switch' your workout

High-intensity workouts aren't just for millennials. Ask 50-year-old Switch Playground owner Steve Uria.

JEFF TOMKO
jeff.tomko@metro.us

Steve Uria calls his 60-minute, 20-circuit Switch Playground classes "choreographed chaos."

You'll just call it hell.

Think kettlebells and kickboxing — 30 seconds of one before you "switch" to the other, then back for another round — as one circuit of 20 completed.

Switch's brutal euphoria can help explain why everyone from NFL stars to runway models are among the 40 to 60 members filling up the New York City HIIT haven's classes on a regular basis.

The crowds nearly double, however, when Uria, who looks more UFC Octagon-ready than group fitness instructor, takes over the class. In a mostly millennial class setting, it's hard to believe that Uria just turned 50, especially when the shirt comes off and the South African native is yelling "give it your all" at workout's end.

"I embrace being 50," says Uria, a former member of the South Africa Special Forces who's trained former boxing champion Oscar de la Hoya along with a host of NFL and NBA stars.

Uria is now trying to get his fellow Gen-Xers into high-intensity workouts, such as Switch.

"I've designed Switch for everyone — from Olympic athletes to 65-year-olds. They take the same class and walk away from the workout achieving what they wanted."

Unlike South Africa, Uria says the U.S. is more millennial-based when it comes to group fitness, perhaps because older adults are reluctant to give it a shot.

"The misconception is that if you're 50, you have to be in top shape before you come, or have to come in the latest trendy workout gear, which is not true," Uria says. "Just be comfortable.

COURTESY OF SWITCH

And even though the atmosphere is pumping (what else could it be with a live DJ and nightclub lighting?), Uria says the best bet for older adults is to work at your own pace. Rest assured, there's no drill instructor mentality at Switch, he says, but some tough love.

"Switch is not a bootcamp, it's more like a mentorship," Uria says. "We're not gonna scream and call you a loser if you can't do it. I'm gonna [figuratively] hold your hand and show that you can do it."

Don't believe HIIT's good for you? Science says it is. A 2017 study showed that intense exercise — especially HIIT (high-intensity interval training) can help slow down — even reverse — the aging process by increasing mitochondria (energy-producing cells), even repair years of physical inactivity.

"All age groups can benefit a great deal from HIIT in a short amount of time, from building muscle strength to endurance," says Dr. Steven Struhl, a board-certified orthopedic surgeon at NYU Langone Health. "However, older adults can reap additional benefits like a reverse of muscle decline, improved memory, better lung health, and lower glucose levels."

If you're pushing 50 or more, both Struhl and Uria advise investing in a trainer at first to show you the ropes. Then start slow and gradually increase your intensity. Uria says most important, be realistic and have fun.

"If you're looking at a 20-year-old Victoria's Secret model or athlete, and saying that's how you want to look, then you've already lost," Uria says. "Be the best version of yourself."

STEVE URIA'S AT-HOME SWITCH WORKOUT

Want the feel of a Switch class before actually signing up? Try this body-weight workout designed by Uria. Then sign up at **switchplayground.com.**

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High knee
Butt kick
Mountain climber

STATION 1
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Back lunge knee raise (left leg)
Back lunge knee raise (right)
Squat

STATION 2
Push-up
Burpee
Side plank (each side)

STATION 3
Crunch
Bicycle crunch
Crunch
Bicycle crunch

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This Brooklyn chef has a brand-new way to deliver cannabis: *On a pizza*

We spoke with Chris "The Pizza Pusha" Barrett of Stoned Gourmet Cannabis Pizza about his weed-infused pies.

PAT KING
patrick.king@metro.us

It seems like New York and New Jersey are some of the last holdouts on the East Coast of states to legalize the use of recreational marijuana. While Gov. Cuomo has humored the idea and teased that the prohibition of the drug could be lifted in the not-so-distant future, residents in both states can only purchase it legally for medical reasons, and certain amounts have been decriminalized.

The chef and owner of Stoned Gourmet Cannabis Pizza, Chris "The Pizza Pusha" Barrett, is willing to bet on the odds of legalization and has been offering delivery and pickup-only cannabis-infused pizzas to people in the New York and New Jersey area, as well as a few weed-centric gourmet items like gelato, cheesecake, chicken wings, cannolis and much more.

The concept has caught on like wildfire, with multiple different Instagram accounts showing celebrities like MTV's Sway posing with a Stoned pizza box. We caught up with the Bensonhurst native, Barrett himself, to talk about the business of weed pizza and why it's a bet he's willing to take.

How much cannabis is on each of your pizzas? How will it affect the average person?
There are 320 milligrams in a pie. So it breaks down to, like, 40 milligrams a slice or something like that. Everybody is different. People ask me all of the time. What I try to tell people is, just eat normally. We haven't packed anything with so much. We're not the company that you eat one brownie and you are on the floor. Our food is really good and we want you to eat it as dinner.

If you normally eat two slices of pizza, eat two slices of pizza. If you normally drink one soda with those two slices, that's what you do. Have a cookie, have a brownie, get the experience. You'll know when you need to slow down a bit.

How did you get started serving cannabis-infused food?
I started doing high-end cannabis dinners years ago, before anyone was doing them here. I used to serve steak, lobster, shrimp. Bring in a high-end chef and do these awesome dinners. The chef would cook from 6 o'clock at night to midnight but the event would go on until 4 in the morning. Around 2 in the morning, they would be high again and hungry. Not for steak, but for something. I was like "Yo, tomorrow let's try pizza." Then pizza went over so well. It was like I backed into this! Then other people started doing the dinners, so I stopped doing them to focus on the pizza.

Recreational use of marijuana isn't legalized in New York or New Jersey, but it is decriminalized. Is that something that you have to worry about when selling your products?
We're just playing the

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gray area, really. I don't think they're coming for pizza. Who's coming, anyways? The pizza police? Who's gonna come and what are they going to do? Who are they going to arrest, the pizza delivery guy? I don't think any prosecutor would take this case. I've just been banking on it and when it gets closer and closer to legalization, I feel more comfortable doing interviews. In the first year and change, no one knew who the Pizza Pusher was. But then I started seeing the police commissioner get on the news talking about how they're not arresting anymore for weed. They could come, but I'm betting they're not.

ALL PHOTOS STONED GOURMET CANNABIS PIZZA INSTAGRAM | @ STONEDGOURMETPIZZA

Like other edibles, the question is getting the balance right between the power of the dose and the taste of the actual food. Was it a long process for you to work on that?

The reason that balance is [important] is that everyone is all over the place. You might get somebody who is not a big smoker, and one slice will be good for them. But for somebody like me who smokes 10 blunts a day, the pizza is not going to do it for me. I've never felt an edible. I've never felt that feeling because I've always been way too high!

[For taste] we had to play around with it. It was six months before we even started having people buy our pizza. From the time I made it at the dinner, it was six months of trying different things out, trying different recipes, seeing how things tasted. Seeing other people eat it to see how high they got.

For more information on different menu items and how to order from Stoned Gourmet Cannabis Pizza, head over to thepizzapusha.info. Make sure to check them out on Instagram as well over at @stonedgourmetpizza.

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Not everything is red on Mars!

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Blue slides in a volcanic zone

NASA has recently published a photograph showing that Mars is not totally red. Several parts of the Red Planet are bright blue! The shot, taken by HiRISE, the most powerful camera ever sent to another planet, features the Cerberus Fossae area, a steep-sided set of troughs cutting through volcanic plains to the east of Elysium Mons, which recently experienced some landslides. MWN

"Blue tones on Mars are commonly associated with basaltic rock."

NASA, on the High Resolution Imaging Science Experiment (HiRISE) camera website

Image of the fissures at Cerberus Fossae. NASA/JPL/LA UNIVERSIDAD DE ARIZONA

Eye-catching blue colors on Mars

This image features a part of Cerberus Fossae, a system of fissures aligned east of Elysium. The pit looks strikingly blue. Blue tones, as explained by HiRISE, are commonly associated with basaltic rock. Blue waves along the ground could be sand moved by the wind composed of fine basalt fragments. MWN

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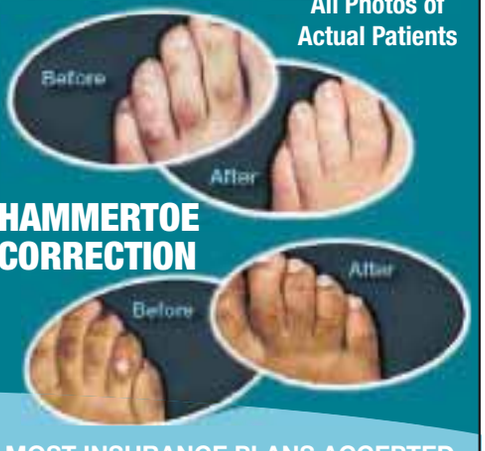

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Dave Gettleman (left) selected Daniel Jones (right) with the sixth-overall pick in the 2019 NFL Draft on Thursday. GETTY IMAGES

Giants GM defends Daniel Jones pick

Dave Gettleman shocked the NFL world with the sixth pick of the 2019 draft.

JOE PANTORNO
joseph.pantorno@metro.us

New York Giants general manager Dave Gettleman has received the brunt of public ridicule over the last five days after taking Duke quarterback Daniel Jones with the sixth pick of the 2019 NFL Draft on Thursday night.

It was a well-known fact that the Giants were going to come away with a quarterback during the draft in order to find the next franchise quarterback to replace Eli Manning. If you ask any Giant fan, though, there seemed to be much better avenues to take compared to what Gettleman decided to do on draft night.

With Kentucky edge rusher Josh Allen — one of the top defensive prospects in the class of 2019 — and the higher-rated Ohio State quarterback Dwayne Haskins still on the board, Gettleman opted to go for Jones, a prospect ESPN draft guru Todd McShay forecasted as nothing more than a backup in the NFL.

Gettleman followed up the shocking move by addressing some defensive needs to close out the first round, nabbing Clemson defensive tackle Dexter Lawrence with the No. 17 pick before trading up for the 30th selection and taking Georgia cornerback Deandre Baker.

But with the main focus still on the Jones pick, Gettleman is speaking up to defend his actions.

"Listen, I've been to seven Super Bowls, kiddo. And I've seen what it smells like, looks like and tastes like," he told Albert Breer of Sports Illustrated. "They were well-constructed rosters, and the culture was there, and obviously, the talent level was there. It's gotta be a match of both. So Daniel for us was the guy, plain and simple."

While the Giants and Haskins originally seemed like a match made in heaven as he expressed his desire to play for the organization after putting up a monster 4,800-yard, 50-touchdown season, Jones came on as the favorite in the final week leading up to the draft.

The Duke product wasn't projected as a top 10 talent, which provided the notion that he would be available for the Giants to take him at No. 17. It would have allowed them to take an elite defensive talent like Allen in order to beef up the pass rush.

That wasn't the case, per Gettleman.

"I know for a fact there were two teams that would've taken him in front of 17. I know that for a fact," he told NBC Sports' Peter King. "It wasn't easy for me to pass on Josh Allen. You know my background. That was very, very difficult. But I think that much of Daniel Jones and his future as an NFL quarterback.

"I agonized over that. I agonized," Gettleman continued. "Obviously, we had great regard for Josh Allen. But the one thing I have learned is you don't fool around with a quarterback. If he's your guy, you take him."

Experience played a large factor in Gettleman's decision to take Jones over Haskins, Drew Lock, or even trading for Josh Rosen, whom the Cardinals dealt to the Miami Dolphins.

Jones spent three years as a starter despite his numbers being worse than Haskins'.

Haskins was selected 15th overall by the Washington Redskins, an NFC East rival that play the Giants twice a year.

"If you put 32 general managers in a room and gave them [truth serum], every single one of them would tell you a story of how they got cute in a draft and it cost them a player they wanted," Gettleman said. "So you don't get cute there. You don't get cute with a quarterback."

With one year left on Manning's contract before he hits unrestricted free agency, Jones is expected to redshirt his rookie season unless he lights it up at training camp and during the preseason.

Gettleman hinted over the weekend, though, that Jones' wait could be even longer — a ludicrous idea given Manning's decline in play.

"Maybe we're going to be the Green Bay model, where Rodgers sat for three years," Gettleman said, per CBS Sports. "Who knows?"

The obtuse thought continues the trend of Gettleman talking down to the media in the face of questionable decision-making.

Jones' selection was just one of many jaw-dropping moves made by the Giants GM this offseason, who let All-Pro safety Landon Collins walk in free agency before trading away Odell Beckham Jr. to the Cleveland Browns.

After winning just five games in his first year as GM, Gettleman continues to exude plenty of confidence despite gutting the roster of some of its top players.

"The bottom line is, I have confidence in what I do and who I am," he said. "But today, there's no patience. And there's no room for civil discourse in our society, which I find sad."

Regardless of patience, only time is going to tell if Gettleman's wheeling and dealing pay off in the long run as his legacy with the Giants will be defined by the last few months.

"We'll find out how crazy I am," he told King.

Buckle up, Giants fans.

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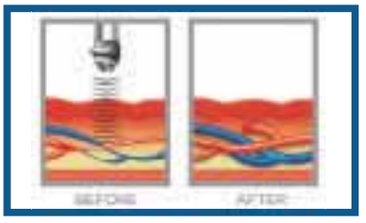

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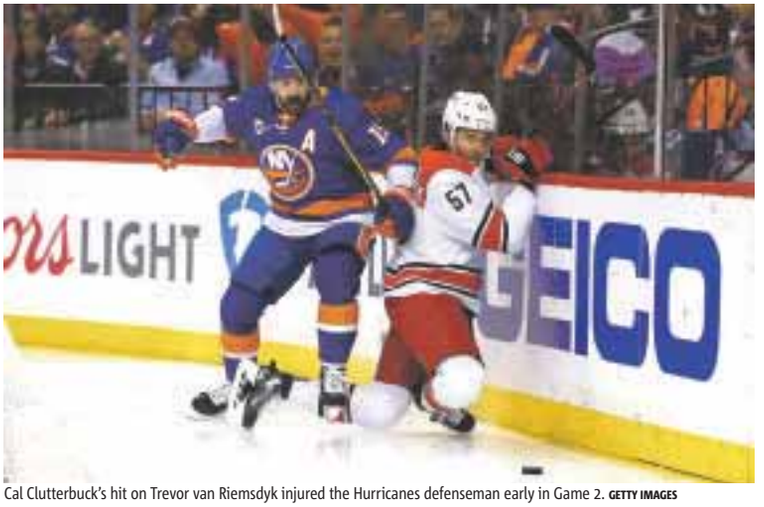
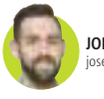


Cal Clutterbuck's hit on Trevor van Riemsdyk injured the Hurricanes defenseman early in Game 2. GETTY IMAGES

Trailing Isles have big chance to get back in series

The unlucky Islanders are heading to Carolina for Games 3 and 4 against a hobbled Hurricanes side.



JOE PANTORNO
joseph.pantorno@metro.us

Trailing a playoff series 2-0 after dropping the first two games on home ice isn't necessarily an ideal situation.

That's where the New York Islanders stand, though, following a pair of disappointing results to open up the second round against the Carolina Hurricanes.

As expected, the Hurricanes are providing the Islanders with as close a mirror image to their likeness as possible.

These teams are not the most talented but have overachieved this season based off a system that stresses the team as a whole far more than the individual players.

While this system has allowed the Islanders to cause their opponents fits — including the Pittsburgh Penguins in a first-round series sweep — the Hurricanes are providing the Islanders with a taste of their own medicine.

A structured defense, coupled with the stalwart goaltending of Petr Mrazek, has seen the Islanders score just a single goal over the first two games of the series.

Puck luck hasn't been the Islanders' friend, either, as Jordan Eberle, Josh Bailey and Ryan Pulock hit either the post or crossbar in the final 10 minutes of the 2-1 loss in Game 2 on Sunday.

The Islanders have, in fact, had an upper hand throughout the early portions of this series as they have the edge in scoring and high-danger chances and expected goals.

Carolina has just been able to get it done in Brooklyn.

A 2-0 deficit isn't a foreign concept to Islanders head coach Barry Trotz, though, which makes this a navigatable situation despite the series shifting to Carolina for Games 3 and 4.

Last season, Trotz's Washington Capitals dropped the first two games at home in their first-round series against the Columbus Blue Jackets before winning the next four.

With the series resuming on Wednesday for Game 3, the Islanders also have the advantage of health.

While Mrazek has been basically unbeatable, he's day-to-day after suffering a lower-body injury with 13:13 left in the second period. Second-string goalie Curtis McElhinney came on and saved the final 16 shots of the game, but the abundance of posts and missed opportunities suggest that he is plenty beatable.

Carolina will also be without defenseman Trevor van Riemsdyk, who suffered a shoulder injury in the first minute of Game 2 after taking a hard hit from Cal Clutterbuck. He will be out indefinitely and is set to be replaced by 22-year-old Haydn Fleury, who has only played in 20 games this season.

Clutterbuck, a third of the Islanders' vaunted fourth line, left Game 2 in the final moments with an injury. He would be replaced by Michael Dal Colle if he's unavailable for Game 3.

That was after Hurricanes rookie forward Saku Maenalanen went down earlier in the third as a result of blocking a shot from Adam Pelech.

Maenalanan, van Riemsdyk and Mrazek join Jordan Martinook, Michael Ferland and Andrei Svechnikov as key starters on the injured list. Svechnikov may be ready for Game 3 as he recovers from a concussion suffered during a first-round fight with Capitals star Alex Ovechkin.

It should have the Islanders ready to pounce in Game 3 as they look to get back in the series.

Yanks' CC Sabathia on cusp of major pitching milestone

As the New York Yankees continue to trudge through a start of the 2019 season that's been marred by injuries, they somehow are continuing to find ways to win ballgames.

Entering Monday night, the Yankees sat just 1.5 games out of first place in the American League East behind the Tampa Bay Rays following a three-game sweep of the Giants in San Francisco over the weekend.

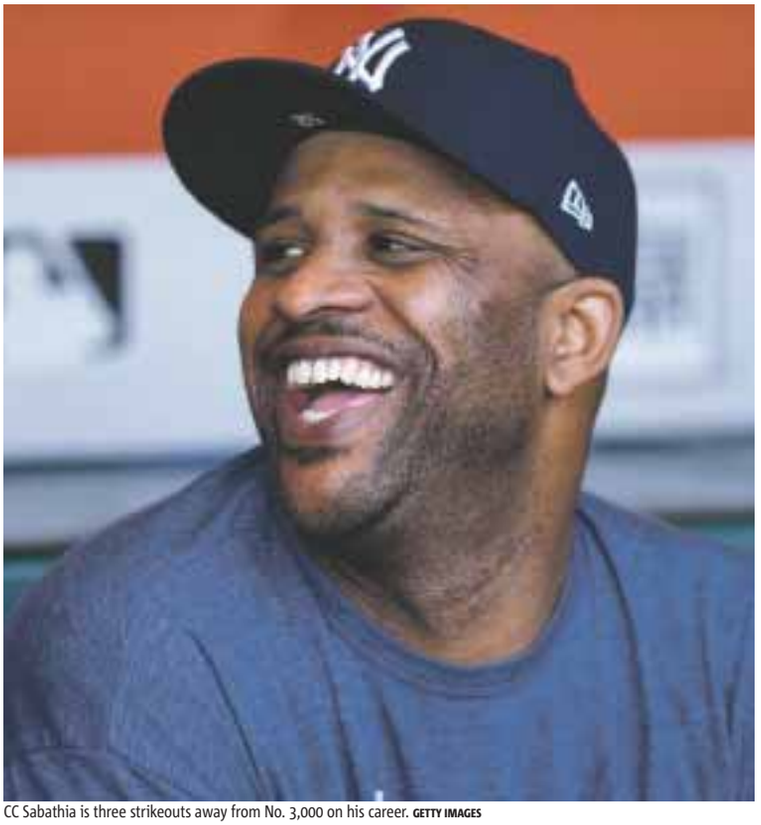
It didn't come without its injury scares, though, as Gio Urshela and DJ LeMahieu were forced to leave Sunday's 11-5 win early.

The Yankees have 13 players on an injured list that has claimed an abundance of stars ranging from Giancarlo Stanton and Aaron Judge to Luis Severino and Dellin Betances.

Amidst the difficult start, the Yankees are on the verge of celebrating on Tuesday night as veteran southpaw CC Sabathia takes the mound down in Arizona to face the Diamondbacks.

The 38-year-old, who has been one of the better arms in the Yankees' rotation this season, is just three strikeouts away from hitting the 3,000-punchout mark.

Only 16 pitchers in MLB history have eclipsed the milestone, which hasn't been touched since Hall of Famer John Smoltz in 2008.



CC Sabathia is three strikeouts away from No. 3,000 on his career. GETTY IMAGES

The potential 11-year span between a 3,000th career strikeout is the longest since the 12 years that separated Bert Blyleven and Roger Clemens from 1986 to 1998.

"I am not a numbers guy, but 3,000 is a big number. Only 16 have done it. Very few lefties," Sabathia said, according to the New York Daily News. "It's cool, especially that short list of lefties. To join that list would be cool."

Of those 16 members, only Steve Carlton and Randy Johnson are left-handed.

Sabathia recorded his first strikeout in 2001, during his very first major-league start with the Cleveland Indians.

Since then, he's eclipsed the 200-strikeout mark three times during a season, including a career-high 251 with the Indians and Milwaukee Brewers in 2008.

He's never led the majors in strikeouts, despite his current spot at No. 17 on the game's all-time list. The next active player on that list is Justin Verlander of the Houston Astros, who has 2,752 strikeouts over his 15-year career.

JOE PANTORNO

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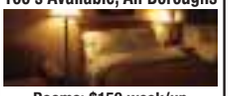

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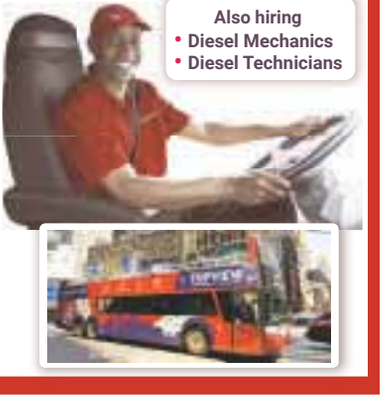

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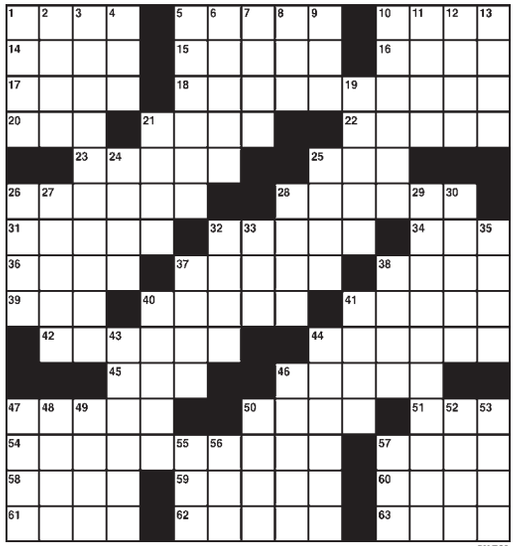

BY TCA

ACROSS
1 Cooking herb
5 __ up; go separate ways
10 Chances
14 Signed an IOU
15 Remembered Texas mission
16 Boyfriend
17 "A __ home is his castle"
18 Behead
20 Pupil's place
21 "Queen for __" of old TV
22 Plato & Carvey
23 Became furious
25 Muhammad __
26 Oral
28 Goings-on
31 Place of relief
32 Rocker or recliner
34 Shoot carefully
36 Twirl
37 Melon or pumpkin
38 Suffix for wash or pay
39 Word attached to meal or cake
40 Seeps out
41 Chicago team
42 Australia's most populous city
44 Walks leisurely
45 Beast of burden
46 Lahr & Parks
47 Triangular griddle bread
50 Valley
51 __ Beta Kappa
54 Entrepreneur
57 Combine, as funds
58 Picnic spoilers
59 One's strong point
60 "__ Out the Barrel"
61 Fit snugly together
62 Rough woolen fabric
63 Individuals

DOWN
1 Partial amount
2 Out of town
3 Opposite of stinginess
4 Sullivan & others
5 Depress
6 Beg
7 Like a bride's veil
8 "__ Believer"; Monkees song
9 Shirt or blouse
10 Acquire
11 Singer & actor Martin
12 __ entry processor; computer job
13 Takes to court
19 Lazybones
21 Dark __; period in history
24 Similar
25 Eager
26 Average
27 Dads
28 All __; listening
29 Recipe amount
30 For the birds
32 Comfy
33 Color
35 Soldiers' eating area
37 __ berserk; freaks out
38 Smallest continent: abbr.
40 First phase of an illness
41 Monotonous speaker
43 Breakfast pastry
44 Dissolved
46 Sew lightly
47 Deceptive scheme
48 Walking stick
49 __ for; chooses
50 Urgent
52 Pit
53 Misfortunes
55 Fore and __
56 Near the ground
57 Expert

Yesterday's Answers

S	L	E	D			S	L	O	P		S	L	O	W
P	A	I	R	S		T	O	U	R		C	O	V	E
O	N	S	E	T		A	T	R	O	P	H	I	E	D
T	E	E		A	I	R			G	L	E	N	N	S
		N	A	I	L	S			R	A	M			
A	W	H	I	R	L			D	E	C	E	I	T	
C	O	O	L	S		W	H	O	S	E		M	O	O
T	O	W	S		R	E	E	L	S		S	P	A	N
S	E	E		T	E	A	S	E		L	O	O	S	E
	D	R	A	W	E	R			R	O	A	S	T	S
			P	E	N			R	I	S	K	S		
C	A	R	P	E	T			U	P	S		I	D	O
U	N	A	L	T	E	R	E	D		E	B	B	E	D
B	O	R	E		R	E	A	D		S	A	L	A	D
A	X	E	S		S	P	R	Y			H	E	N	S

wander words

Category: Video Game

	I	R	
B	O	A	M
R	S	U	R
O	S	P	E

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	7			8	6		9	2
		5		4	1			6
			9				1	
9		7			5			1
2	8		1		9		5	4
5			4			9		7
	2				8			
1			7	5		2		
6	5		3	9			7	

metro.us/wordsearch

K	K	C	L	U	B	A	S	S	N
E	N	O	B	M	O	R	T	U	C
S	M	U	R	D	L	F	E	V	L
L	G	N	O	R	T	S	M	R	A
A	L	G	V	M	A	W	P	Y	R
C	U	T	U	X	O	Z	O	E	I
O	S	S	J	I	F	N	K	H	N
V	I	A	G	Y	T	R	A	Z	E
C	Z	A	H	V	A	A	F	I	T
Z	M	T	E	P	M	U	R	T	P

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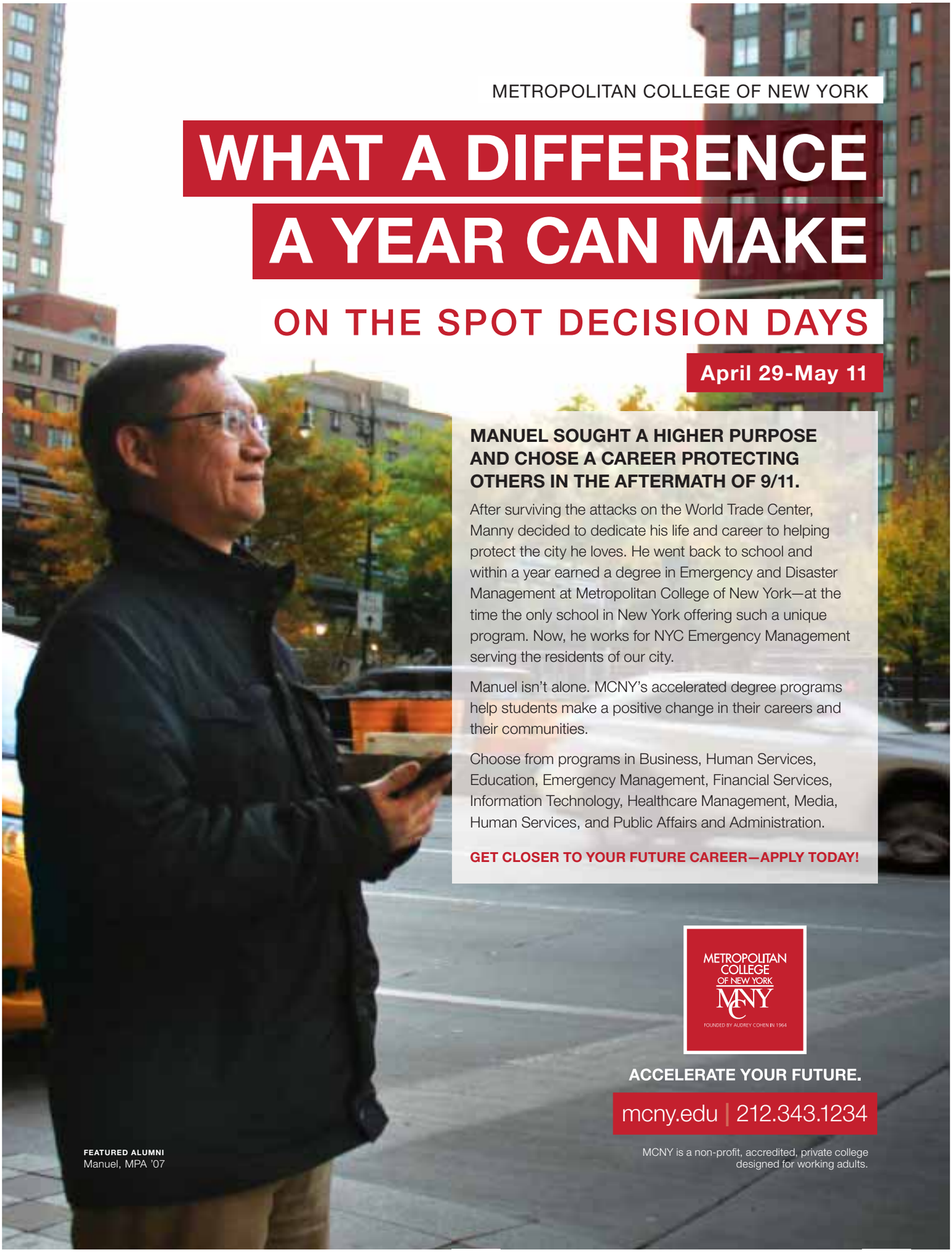

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